

CPSY 3003: Introduction to Counseling and Related Professions

Course Syllabus

Online, Synchronous

T, Th: 10:30AM-11:45AM

[Zoom Link for Class](#)

Instructor: **Chris Dabbs, M.A.**
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Office Hours: Virtual office meetings by appointment

Course Description

Prerequisite: The prerequisite for this course is upper-division standing.

This course serves as a general overview for those who may be considering the counseling profession as a career. The course will include an introduction to a variety of professions related to counseling, such as school counseling, community mental health counseling, and substance abuse counseling, among others. This course will be taught using lecture, discussion, supplemental videos, and out-of-class activities.

Course Objectives

1. Review the history and philosophy of the counseling profession
2. Discuss ethical and legal considerations of counselors
3. Discuss diversity issues in the counseling professions
4. Learn about, and differentiate between, various counseling-related careers
5. Interview one professional in a counseling or helping profession

Evaluation of Course Objectives

1. Introduction post
 - 1 post, 6 points
 - 6 POINTS POSSIBLE
2. Career Interview
 - 1 Interview, 50 points
 - 50 POINTS POSSIBLE
3. Quizzes
 - 2 quizzes, 50 points each
 - 100 POINTS POSSIBLE
4. Who is a Helper
 - 1 reaction paper, 50 points
 - 50 POINTS POSSIBLE
5. Discussions
 - Weekly discussion posts
 - 44 POINTS POSSIBLE
6. Counseling Professions Presentation
 - 50 POINTS POSSIBLE

Course Procedures

Required Course Materials:

1. Neukrug, E. S. (2016). *The world of the counselor: An introduction to the counseling profession (5th ed.)*. Pacific Grove, CA: Brooks Cole.
2. Additional videos, which will be announced and/or provided on Canvas (www.my.okstate.edu).
3. ACA Code of Ethics may be accessed at: <https://www.counseling.org/resources/aca-code-of-ethics.pdf> or from the Appendix of your Neukrug textbook.
4. APA Ethical Principles of Psychologists and Code of Conduct may be accessed at: <http://www.apa.org/ethics/code/index.aspx>

Grades:

Grades are based on a point system. There are 300 points possible in this course. As noted above, your final grade can be lowered by lack of participation. The distribution of points for each assignment is listed above. Grade assignment is as follows:

- 270 – 300 points: A
- 240 – 269 points: B
- 210 – 239 points: C
- 180 – 209 points: D
- Below 180 points: F
- Please note that OSU has instituted a special grade, F!, in cases of concerns related to academic integrity. Please refer to the syllabus attachment or <https://academicintegrity.okstate.edu/> for more information.

Participation:

Regular participation is a required aspect of this course.

- Students will be allowed to miss up to two participation assignments without penalty. This essentially allows you to have two free “absences.”
- While you can miss two participation assignments, if you complete them all, you will receive 3 points of extra credit for each of the two extra assignments you complete.
- Please read the assigned material before class and be prepared to discuss it in Canvas. You are expected to actively participate in classroom discussions and activities to get full participation credit.

Course lectures will be recorded and available on Canvas for students who are unable to come to class. If a recording will not be available due to the sensitive nature of a class topic, students will be informed in advance of the lecture.

Late Work:

- Assignments must be turned in by 11:59PM on the due date to receive credit. It is still your responsibility to see that work is turned in on time. Any late submissions will be docked 5 points per day. Assignments later than 2 days will not be accepted and will receive 0 points.

- Late discussion posts will not be accepted. Students' discussion posts are due by Friday at 11:59PM and your responses to classmates are due by Sunday at 11:59PM.
- Please allow ample time to complete assignments. Computer errors always seem to happen at the last minute!

Technology:

- Students must utilize word processing programs for written assignments (e.g., Microsoft Word). The syllabus and additional videos will be posted on Canvas for the course. Because this is an online, asynchronous course, Canvas and email will be essential for your course performance. Please stay current with Canvas and course emails by checking your Canvas and email regularly (at least every two days).
- It is recommended that you adjust your Canvas alert system so that you receive changes to the course daily.
- Communicating with instructor: You can get a hold of me via email (chris.dabbs@okstate.edu), email through Canvas, and/or discussion post (general discussion and questions about assignments). I will monitor all these sources of communication daily. I will be happy to coordinate a Zoom/Teams/Skype meeting if needed.

Assignments:

- Writing: All assignments should be completed using APA 7th Edition format. Students should use 12-point font and double-space their papers. If grammatical mistakes are excessive to the point of distraction, students may be asked to re-write and re-submit for full credit. Students may also be referred to the writing center for assistance. Papers are expected to be well-organized, well-written, and clear.
- Introduction Post: 1 post, 6 points, TOTAL: 6 POINTS. Students will introduce themselves to their classmates via a Canvas post. This post can contain any appropriate information about yourself that you feel like sharing. You are encouraged to include relevant media (pictures, video, etc.). Get to know your peers!
- Quizzes: 2 exams, 50 points each, TOTAL: 100 POINTS. Two quizzes will be administered via Canvas. You will have one attempt on the quiz and 75 minutes to complete it. The quizzes are open book and notes. However, they must be completed individually without the assistance of your peers.
- Who is a Helper Paper: 1 paper, 50 points, TOTAL: 50 POINTS. Students will write a 3-page paper outlining who is a helper, what does it mean to be in a helping profession, and what had led to their interests in a helping profession. This paper should be more than subjective conjecture and include at least 3 cited references.
- Discussion Posts: TOTAL: 44 POINTS. Students will be expected to complete discussion post(s) and replies to other students posts each week as outlined in the chart below.

Discussion posts will include chapters in the textbook, guest lectures, a virtual field trip, and special topic lectures. The goal of these posts is to foster discussion, community, and further depth in understanding of the chapter and material. At least 2-3 sentences are needed for each of the prompts (4-6 total sentences) included in each discussion post assignment. Discussion posts are due the Friday by 11:59pm for the week they are assigned. After posting, reply to at least one of your classmates' postings by Sunday at 11:59pm for the week they are assigned. This reply to your classmates should include at least 1-2 sentences per prompt (2-4 total sentences).

- Career Interview Paper: 1 paper, 50 points, TOTAL: 50 POINTS. Students will write interview questions (to be shared on Canvas) and interview a professional in a mental health field. It is the student's responsibility to find a mental health professional, initiate contact, arrange for the interview, and write a follow-up thank-you note. It is the student's responsibility to formulate questions for a 30-minute interview. Students will write a 5-6-page paper based on what they learned, including, but not limited to:
 - Name of the practitioner and field, position/title
 - Most important aspect learned
 - Most surprising aspect learned
 - Most interesting aspect learned
 - Description of the counseling environment
 - Personal reflection about the interview
 - Interviewed professional's contact information
 - 5-6 pages; use a cover page; APA format; no references needed; questions typed and attached
- ❖ Ideas for interviews in the time of COVID-19:
 - Contact local mental health agencies (community mental health, private practice, hospitals, etc.) and inquire if there is interest in an interview. Agencies, private practitioners, and hospitals can be found through Google search.
 - Browse psychotherapy forums and find practitioners who may be willing to be interviewed (e.g. [this](#) Reddit community).
- Counseling Professions Presentation: 1 presentation, 50 points, TOTAL: 50 POINTS. Students will be assigned into groups of 3. Students will select both a counseling profession and state (or country/province outside of the United States) to present to the class. The presentations are to not exceed 30 minutes (minimum length: 15 minutes). Each group will present on a counseling profession of their choosing. The presentation will include: education needed, state licensure information, job growth expectations, potential difficulties, and ethics information. Each group is expected to present their work in class on their scheduled day. Presentations will be recorded by the instructor and posted on Canvas for those who may be unable to attend class. If you are unable to attend class during a presentation, you will be required to watch and comment on the recorded presentation uploaded to Canvas (this does not apply to students present in class during the presentations). 20% of the assignment grade will come from your peers' review of your contributions to this presentation.

Discussion posts are due on Friday by 11:59pm and replies to your classmates are due on Sunday by 11:59pm.

Schedule of assignments are subject to change at the instructor's discretion. Any changes will be made well in advance.

Week	Date	Chapters and Readings	Assignment Due
1	Tuesday 01/19	Introduction Syllabus Review Special Topic: APA Style	
	Thursday 01/21	Chapter 1: The Counselor's Identity	-Ch. 1 Discussion Post -APA Discussion Post -Introduction post due Sunday by 11:59PM
2	Tuesday 01/26	Chapter 2: The Counseling Profession's Past, Present, and Future	
	Thursday 01/28	Chapter 3: Standards in the Profession (Ethics)	-Chapter 2 Discussion Post -Chapter 3 Discussion Post
3	Tuesday 02/02	Chapter 14: Multicultural Counseling	-Video: What is Ethnicity? (10 minutes) -Video: The Myth of Race (3 minutes) -Video: Cultures, Subcultures, and Countercultures (10 minutes)
	Thursday 02/04	Chapter 14: Multicultural Counseling cont.	-Chapter 14 Discussion Post
4	Tuesday 02/09	Ice Day! Brr...	
	Thursday 02/11	Work on Who is a Helper Paper Chapter 8: Consultation and Supervision	Who is a Helper paper due Sunday, 02/14, by 11:59PM -Chapter 8 Discussion Post
5	Tuesday 02/16	Recorded lecture. Chapter 12: Testing and Assessment	
	Thursday 02/18	Guest Speaker: Caroline Rosales, M.A., LMHCA	-Chapter 12 Discussion Post -Guest Speaker Discussion Post
6	Tuesday 02/23	Chapter 13: Research and Evaluation	
	Thursday 02/25	Chapter 10: Abnormal Development, Diagnosis, and Psychopharmacology.	Video: Psychotherapy, Crash Course Psychology #35 -Chapter 10 Discussion Post -Chapter 13 Discussion Post
7	Tuesday 03/02	No Class: Quiz 1	-Quiz 1 chapters: 1, 2, 3, 8, 14, 10, 12, 13 -Quiz 1 due by 03/07 at 11:59PM
	Thursday	Wellness Day; No Class!	

	03/04		
8	Tuesday 03/09	Chapter 6: Couples and Family Counseling	
	Thursday 03/11	Chapter 4: Individual Approaches to Counseling	-Chapter 6 Discussion Post -Chapter 4 Discussion Post Video: Psychology Disorders, Crash Course Psychology #28
9	Tuesday 03/16	Chapter 7: Group Work	Video: Irvin Yalom Inpatient Group Psychotherapy
	Thursday 03/18	Chapter 17: Clinical Mental Health Counseling	-Chapter 7 Discussion Post -Chapter 17 Discussion Post
10	Tuesday 03/23	Chapter 16: School Counseling	
	Thursday 03/25	Special Topics: Trauma Counseling	-Chapter 16 Discussion Post -Trauma Counseling Discussion Post
11	Tuesday 03/30	No Class: Field Trip to Oakwood Springs	Oakwood Springs Virtual Tour
	Thursday 04/01	Chapter 18: Student Affairs and College Counseling	-Field Trip Discussion Post -Chapter 18 Discussion Post
12	Tuesday 04/06	Chapter 11: Career Development, The Counselor in the World of Work	
	Thursday 04/08	Quiz 2	-Chapter 11 Discussion Post -Quiz 2 chapters: 4, 6, 7, 17, 16, 18, 11 -Quiz 2 due on 04/11 by 11:59PM
13	Tuesday 04/13	Wellness Day; No Class!	
	Thursday 04/15	Guest Speaker: Dr. Shaun Wehle, Psy.D., HSP	-Guest Speaker Discussion Post
14	Tuesday 04/20	Counseling Professions Presentations (Group 1) Counseling Professions Presentations (Group 2)	Counseling Professions Presentation comments open at 12PM
	Thursday 04/22	Counseling Professions Presentations (Group 3) Counseling Professions Presentations (Group 4)	
15	Tuesday 04/27	Counseling Professions Presentations (Group 5)	

		Counseling Professions Presentations (Group 6)	
	Thursday 04/29	Counseling Professions Presentations (Group 7) Counseling Professions Presentations (Group 8)	Counseling Professions Presentation comments close 04/29 at 11:59PM
16	05/03 – 05/07	Finals Week. Work on finishing <u>Career Interview Paper</u>	Final <u>Career Interview Paper</u> due 05/07 by 4:00PM